

SPROCKET MAN



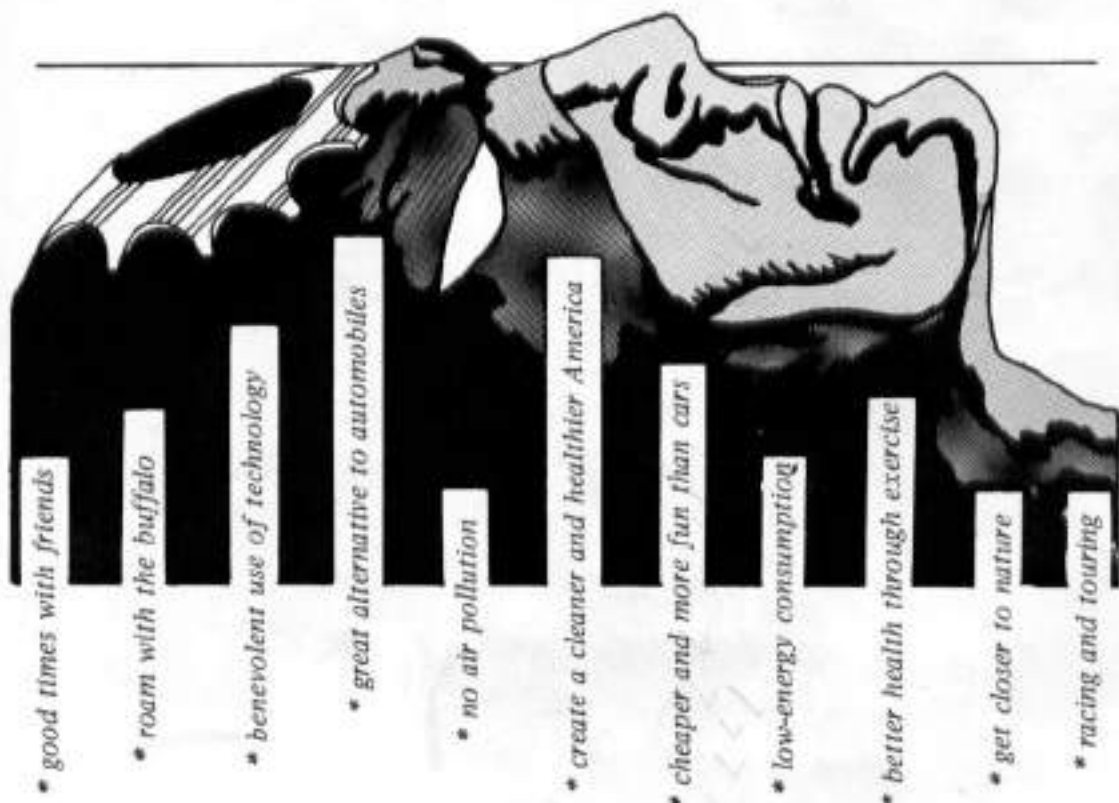
BICYCLING IS POETRY IN MOTION.

While aiding your mind and body (and your transportation needs), you also show care for the world around you.

Show that you care for yourself and for others—**RIDE SAFELY**. Wear a bicycle helmet to protect yourself from head injuries, the leading cause of death to bicyclists. (I wear a special shock-resistant mask.)

Practice the survival skills you'll learn from my comic, and, above all, **HAVE FUN**. Enjoy the benefits of bicycling (some of which are listed below), and follow the spirit of the kudjur who has written—

*Cruising with the buffalo
This earth my home
Healthy, eating well
More with less, that's best
Come ride with me
Roaming free*

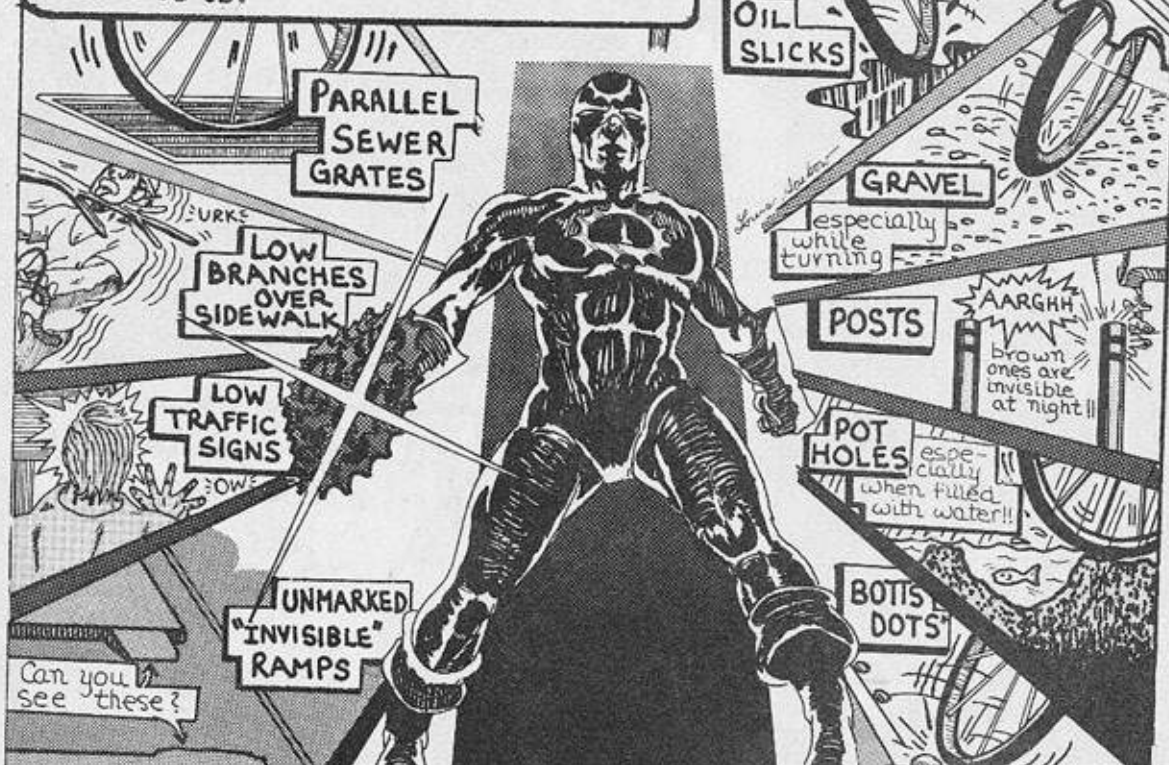


The sheer **NUMBER** of bikes in use these days shows that the days when bikes were merely **TOYS** for kids are **BYGONE.....** and that the **ANARCHY** of the cyclist can be afforded **NO LONGER!**

Here are a few tips on **SURVIVAL** skills and **SAFE** riding etiquette.

HAZARDS you should be especially aware of are listed below.....

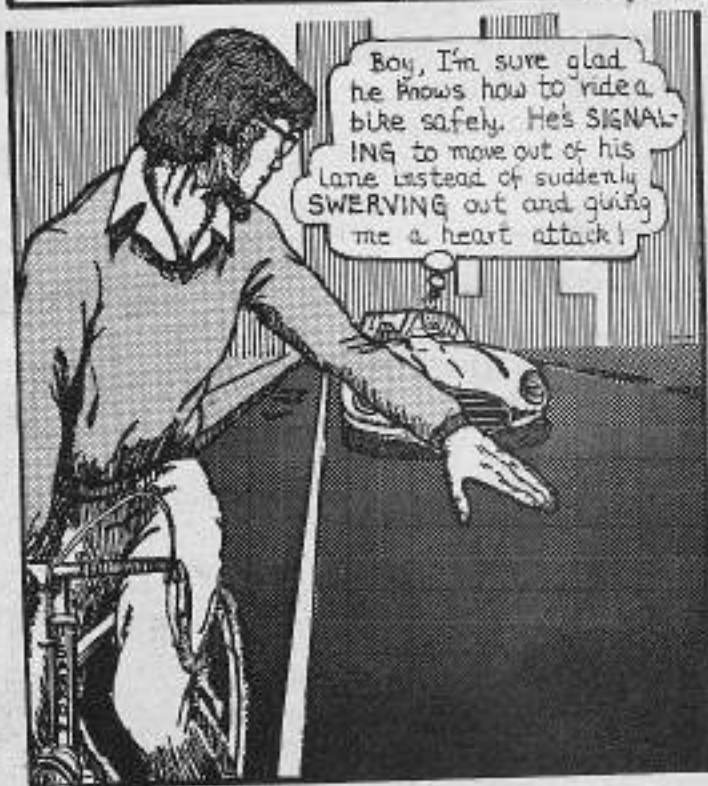
Should you encounter a hazardous situation, **WRITE** your city's **TRAFFIC ENGINEER**. Tell him you've found a "**DANGEROUS AND DEFECTIVE CONDITION**" and where it is.



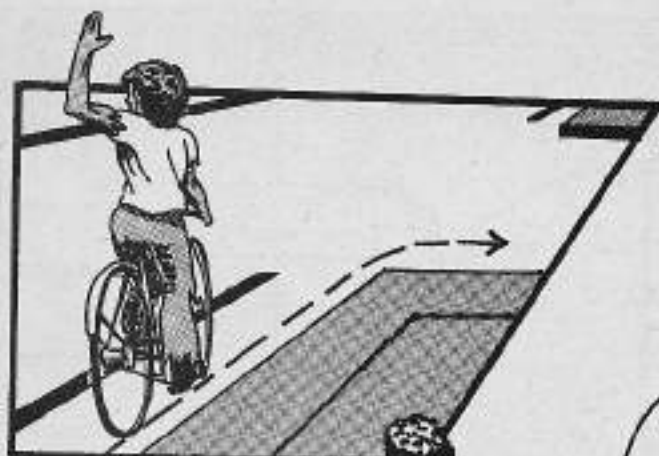
THINK AHEAD..



THE KEY CONCEPT TO SAFE BICYCLING
-BE PREDICTABLE-AND SIGNAL
YOUR MOVES!! COMMUNICATE.



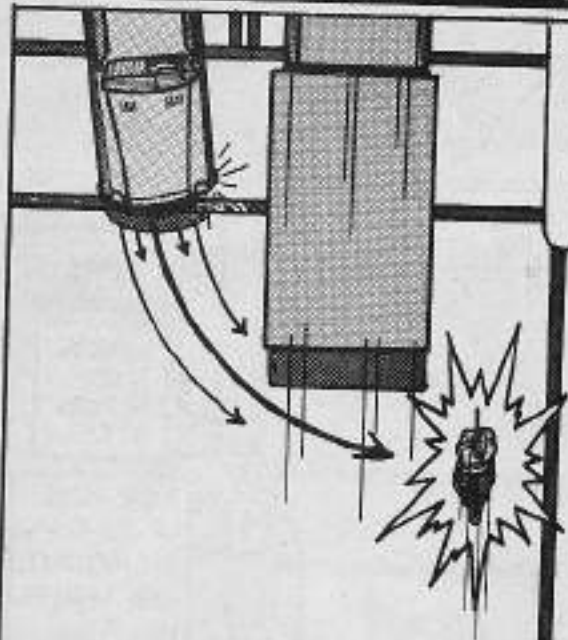
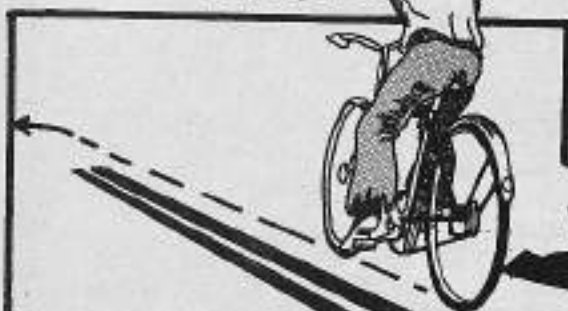
...LOOK, ESTABLISH
EYE CONTACT,
THEN MOVE
GRADUALLY
INTO TRAFFIC
TO PASS THE
PARKED CAR.



**SIGNAL
AT
TURNS!**



**60-70 %
OF ALL
BIKE ACCIDENTS
OCCUR AT
INTERSECTIONS**



**When going straight through
an intersection, never follow
a TRUCK or BIG CAR closely
'cause you'll then be
HIDDEN FROM VIEW!**

The **ONLY**
SAFE WAYS
to make a
LEFT TURN...

.... doing it
like a **CAR**....

LOOK BACK, SIGNAL,
AND MOVE **QUICKLY** INTO
LEFT LANE (DON'T JUST DRIFT
INTO IT!)

END UP ON RIGHT SIDE
OF RIGHT LANE.

LOOK OUT FOR
ONCOMING CARS!

STAY ON
RIGHT EDGE
OF LEFT LANE

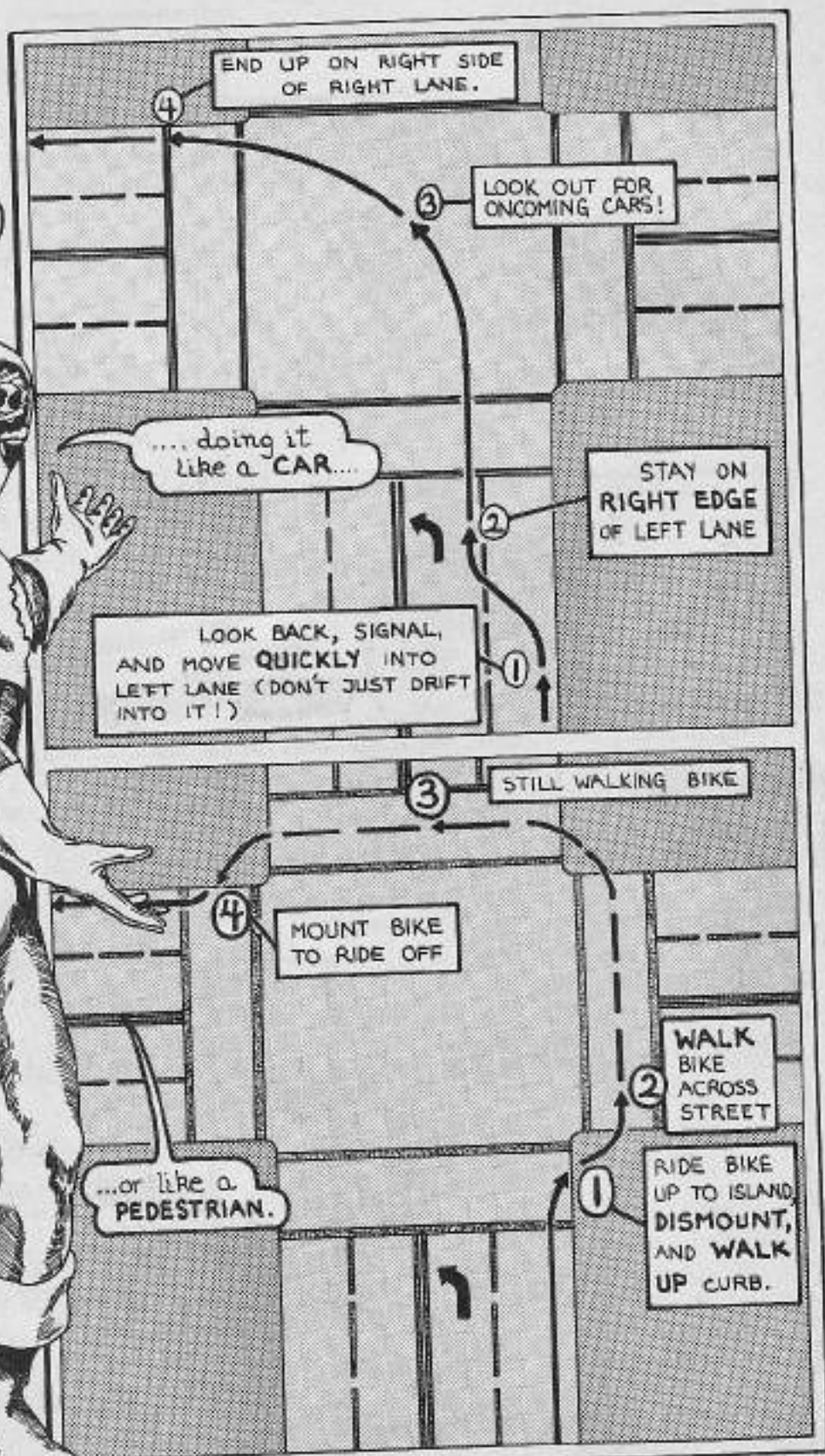
STILL WALKING BIKE

MOUNT BIKE
TO RIDE OFF

WALK
BIKE
ACROSS
STREET

RIDE BIKE
UP TO ISLAND,
DISMOUNT,
AND WALK
UP CURB.

...or like a
PEDESTRIAN.





I'd better
WAIT behind
the car.

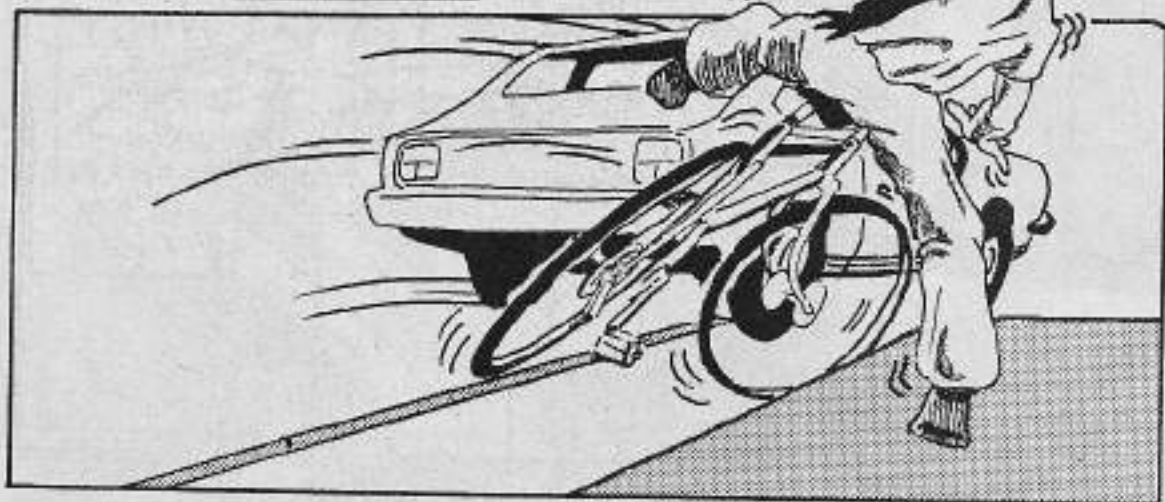
**WAIT YOUR TURN
AT INTERSECTIONS!**

Whether you are
going straight or
turning right...
**DON'T PASS A
CAR BY CUTTING
INSIDE IT !!**



Even if you're in a bike lane,
the car beside you might
SUDDENLY make a right turn
WITHOUT SIGNALING.
SO WATCH OUT !!

YEDWPS!

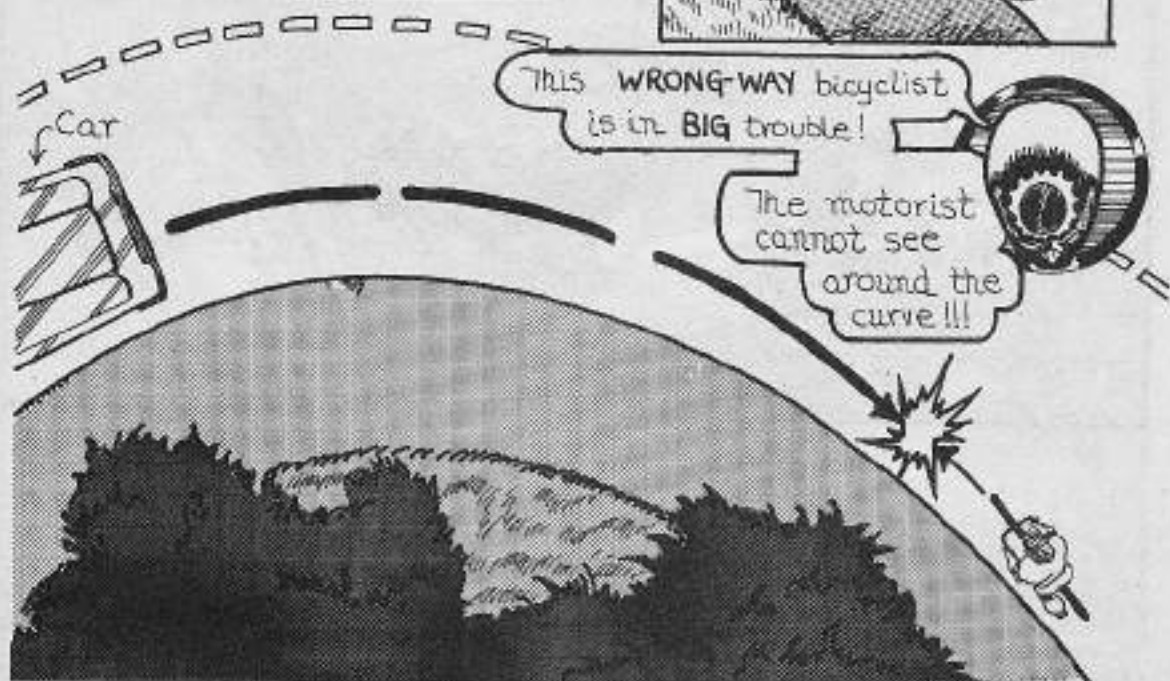
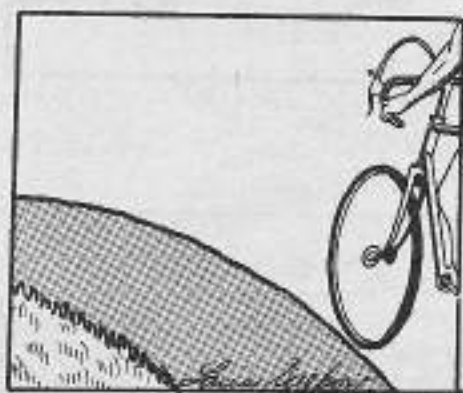
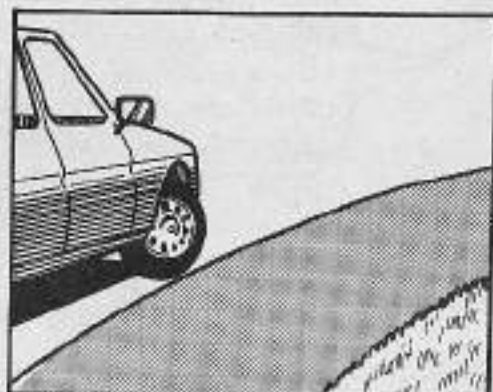


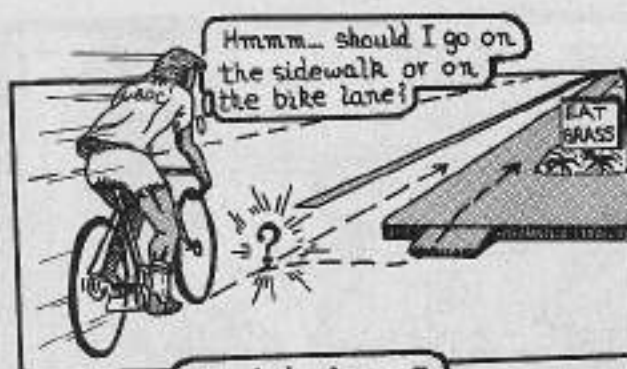


BICYCLISTS have finally convinced people that bikes are NOT toys but **VEHICLES**. As vehicles, though, bikes are **SUBJECT** to the state vehicle code. Under those laws, your status as bicyclist[®] is: **"EVERY PERSON RIDING A BICYCLE UPON A ROADWAY HAS ALL THE RIGHTS AND DUTIES APPLICABLE TO THE DRIVER OF A VEHICLE."** So **STOP** at all stop signs and stop lights and **OBEY THE RULES OF THE ROAD!!**

[®]The U.S. Department of Transportation now calls us "PEDAL CYCLISTS".



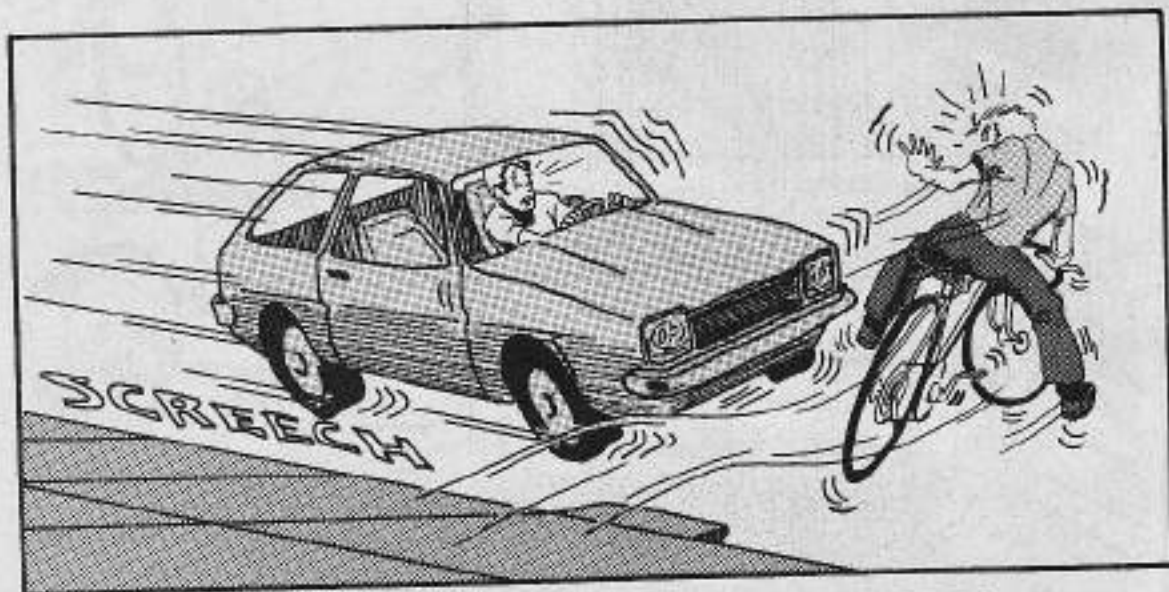




Use the **BIKE LANE** and street instead of the sidewalk and avoid pedestrian-bicyclist **CONFLICTS !!**



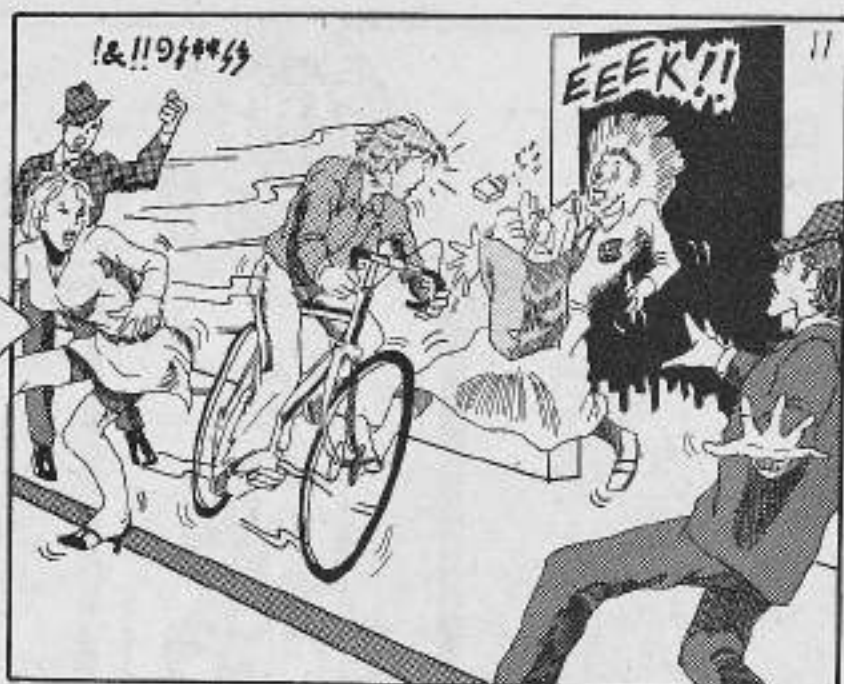
If you have to use the sidewalk, **DON'T FLY DOWN THE BIKE RAMP INTO TRAFFIC !!** Cars don't expect vehicles (including bikes) to come from anywhere but a street. **SO WATCH OUT !!**



A suggestion to the **PEDESTRIAN**: LEAVE THE **BIKE RAMPS** FOR BICYCLES AND WHEELCHAIRS.



DON'T RIDE
ON **BUSINESS**
DISTRICT
SIDEWALKS!



BRAKE



12
SAFELY....
BY USING...



**BOTH
BRAKES**

FOR QUICK
SMOOTH
STOPS!!



**FRONT
BRAKES
ONLY**



**REAR
BRAKES
ONLY**



Man, this rain....
what a royal gluteal
pain! Oops, better pay
attention 'cause
that car's coming
to a stop!



As/No... **THE BRAKES DON'T HOLD!**

ARRGH!

SQUEAK
BONK



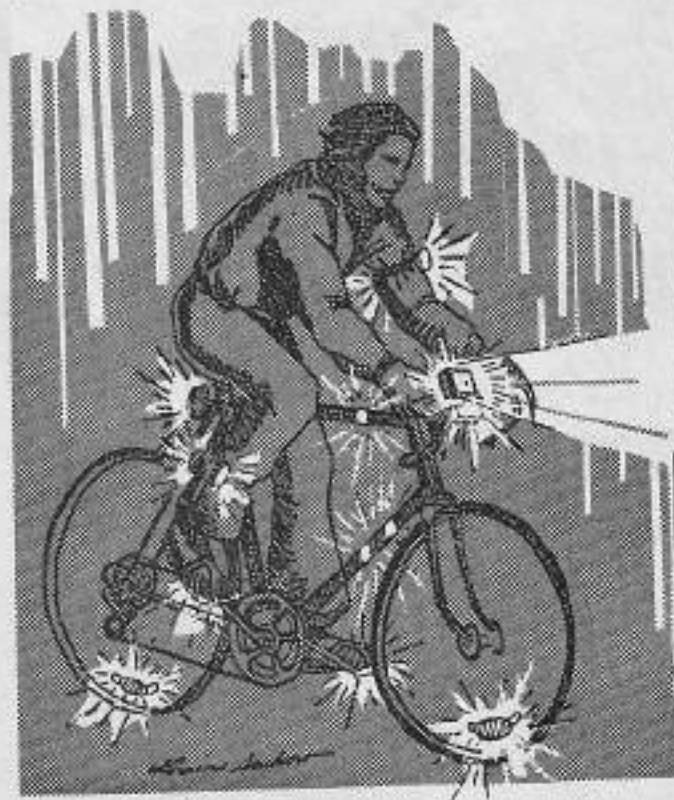
RAIN IS A PAIN !!

- 💧 Handbrakes **DO NOT** work well in rain.
BE SAFE — start slowing down **3 TIMES**
as far away as usual.
- 💧 Ride **SLOWER** than normal.
- 💧 Wear a **LIGHT** if visibility is poor.
- 💧 Use wheels with **ALUMINUM RIMS**.





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**PAY
 ATTENTION
 AND
 KEEP
 YOUR
 EYES
 ON
 THE
 ROAD!!**



BE SEEN AT NIGHT!

Wear **LIGHT
 CLOTHING**. Use
**REFLECTIVE
 VESTS** and/or
REFLECTIVE TAPE
 applied to clothing.



Attach these to bike:

- ☀ **WHITE HEADLIGHT.**
- ☀ **REAR RED REFLECTOR.**
- ☀ **WHITE OR YELLOW RE-
 FLECTOR ON PEDALS.**
- ☀ **WHITE OR YELLOW AND
 RED REFLECTORS ON
 SIDE.**

Remember, above all.....

BE PREDICTABLE

in your riding!! Make your
intention known!



LIGHTS AT



NIGHT

RIDE
WITH
TRAFFIC

I
Live
disrespectfully



SIGNAL

DON'T
SWERVE!!

AT

TURN



OBEY ALL
TRAFFIC SIGNALS
STOP



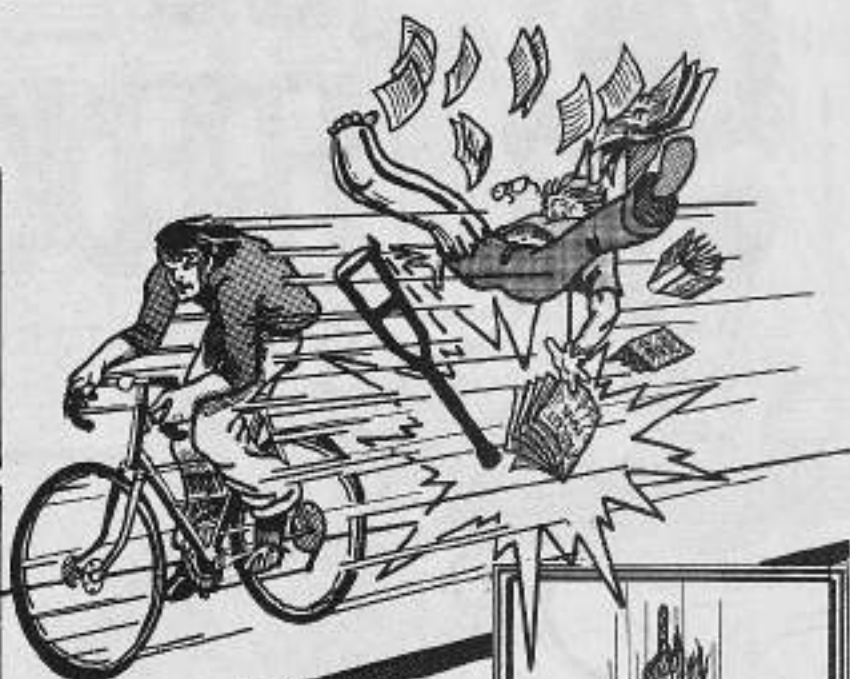


PEDESTRIANS HAVE THE RIGHT OF WAY!!

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Play the **GOLDEN RULE** bit.... No matter how much you like to ride a bike, **YOU'VE** got to walk **SOMETIME....**

Besides, the ped you hit may play the "**AN EYE FOR AN EYE**" bit at a later date.

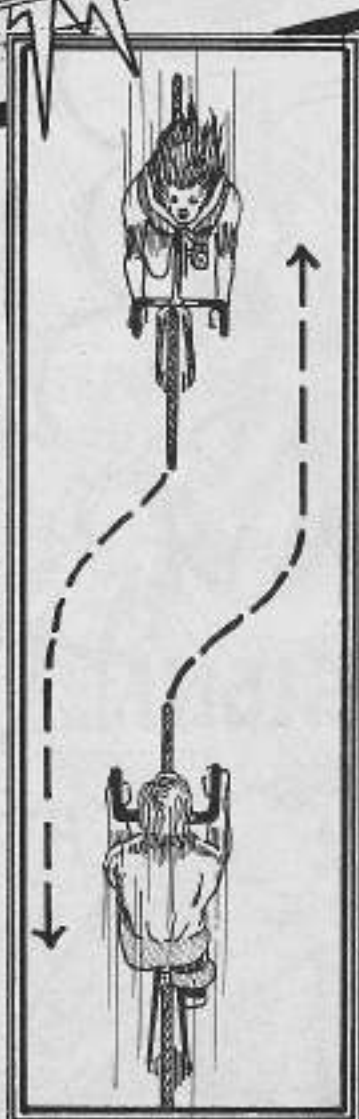


I will stay very, **VERY** still....



However, sometimes it's much easier for the ped to **FREEZE** than the bicyclists. The ped should let the bikes go straight through while he either stops or maneuvers around the bike.

When coming **HEAD-ON** towards a pedestrian or another cyclist, **GO TO YOUR RIGHT !!**



PASS A PEDESTRIAN ON
HIS
LEFT...

A
N
D

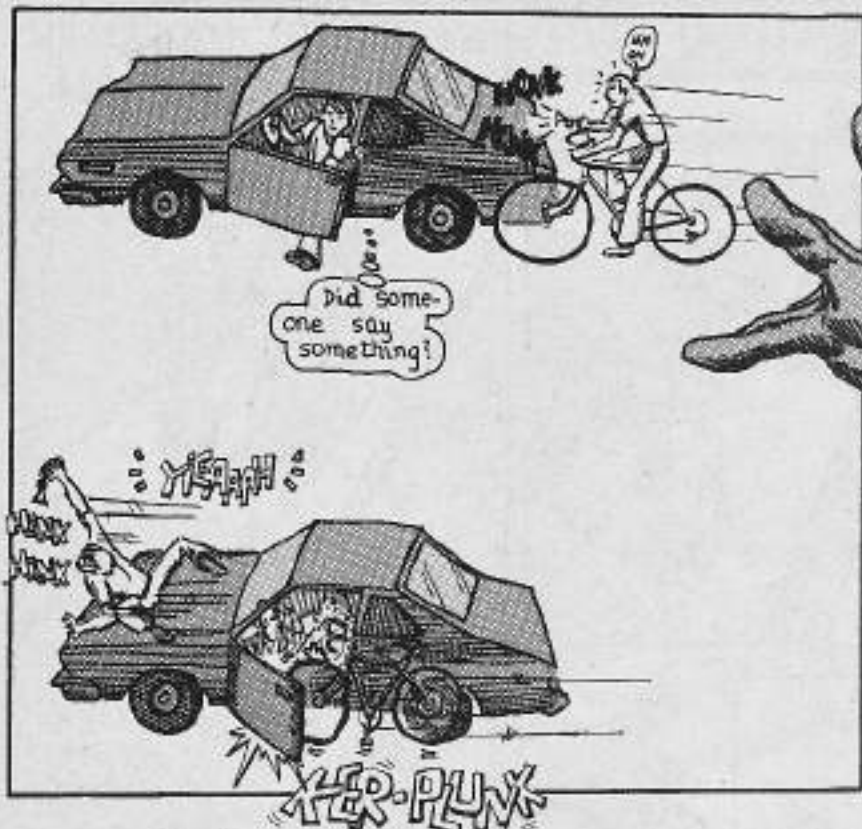
SAY IT!



Be a pedestrian:
WALK YOUR BIKE

- when you're tired
- when a hill's too steep
- when an intersection is too complicated
- when the buffalos come to town.





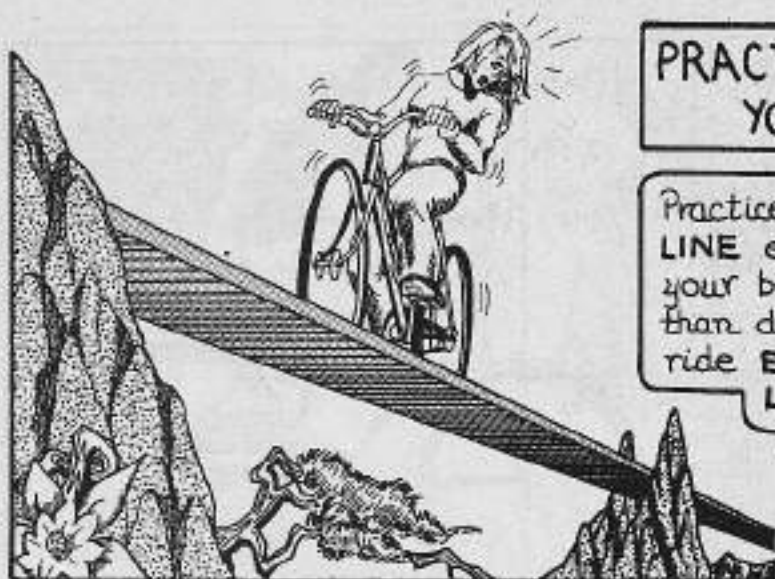
WATCH OUT
FOR OPEN-
ING CAR
DOORS!!



DON'T RIDE
TOO CLOSE TO PARKED
CARS.....
-KEEP AN EYE OUT FOR
DRIVER'S HEAD AS YOU
APPROACH.....
-WATCH OUT FOR DOUBLE-PARKING CARS
'CAUSE PASSENGERS
MAY JUMP OUT ON
YOUR LEFT.

PRACTICE RIDING YOUR BIKE !!

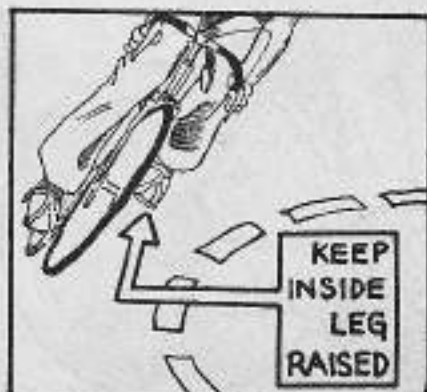
Practice riding in a **STRAIGHT LINE** every time you get on your bike (it's easier said than done). Knowing how to ride **EVENLY** may save your **LIFE**, especially on narrow roads!



Around **CORNERS**, keep your **INSIDE** leg raised or you'll take a spill!

RIDE CREATIVELY.

Try back roads where few cars (and bikes) roam. You'll see a lot more and breathe a lot **LESS** pollution!

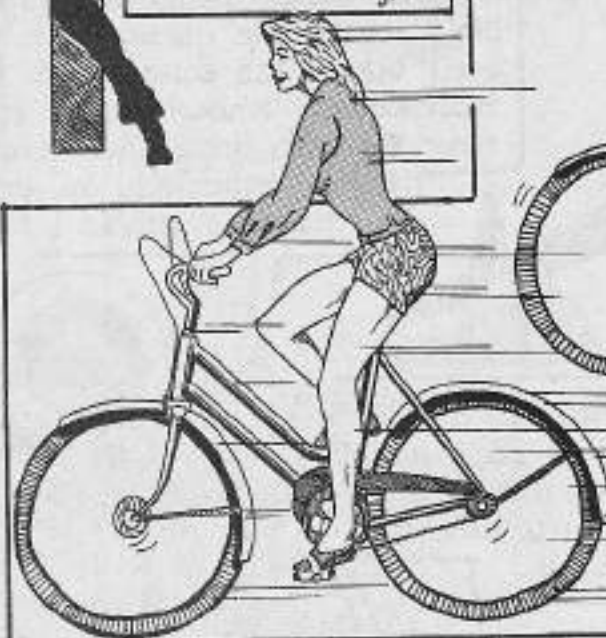


USE FULL LEG
EXTENSION!!

TRY WALKING LIKE
THAT.... Low efficiency, eh?

≡PANT≡
≡PANT≡

There's gotta be
an easier way
to ride!!
How does
SHE do it?



Louis Armand

She's doing it
the way it
should be done!
**LEGS WORK
BEST AT
FULL EXTEN-
SION!!**

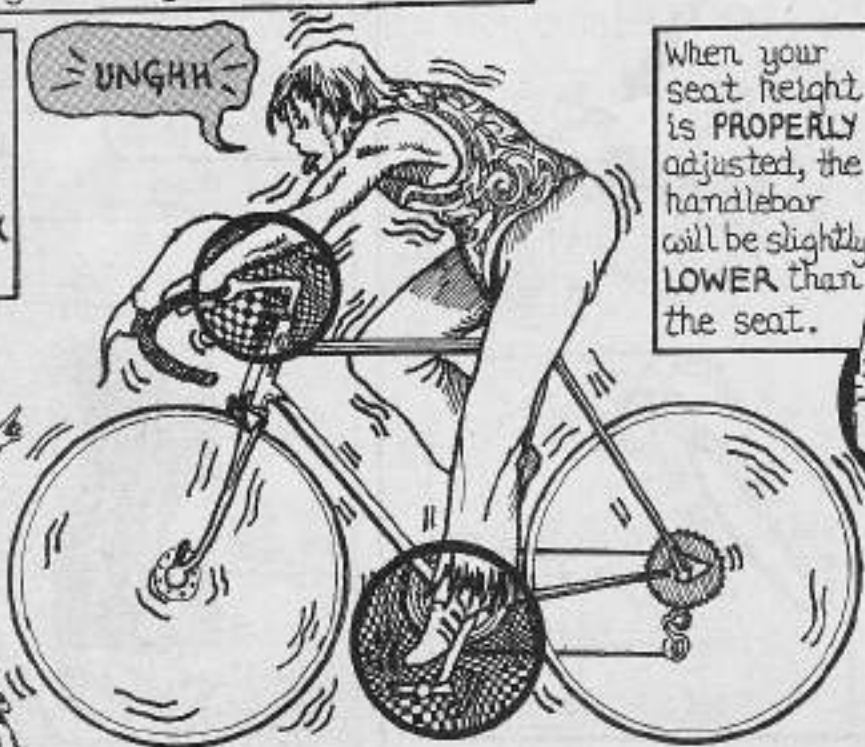
Note, however,
the **SLIGHT
KNEE BEND!!**

**NEVER RIDE A BIKE THAT'S TOO BIG
FOR YOU !!!** You simply have TOO LITTLE
CONTROL.

Remember, this
not only applies
to **SEAT HEIGHT**,
but **GOOSE-NECK
LENGTH** as well!

≡UNGHH≡

When your
seat height
is **PROPERLY**
adjusted, the
handlebar
will be slightly
LOWER than
the seat.



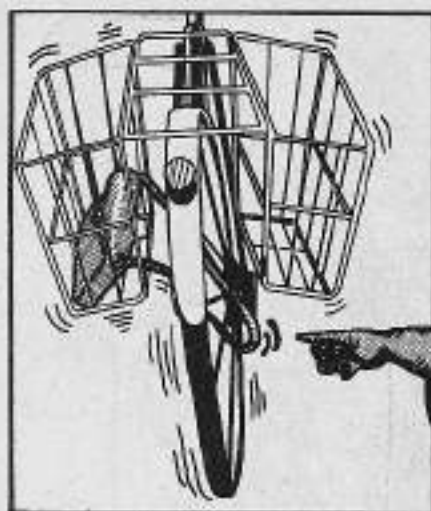
"DON'T CARRY ANYTHING
THAT MAY HAMPER YOUR
CONTROL OF YOUR BIKE!"

Plan ahead and use
a BACK-PACK !!



Front baskets have a
center of gravity that's
way too high.... which
makes for awkward
steering. **REAR BASKETS**
work better!





WATCH OUT for objects that may **DANGLE**, like a purse strap or chain.... they will **CATCH** in your wheels!!



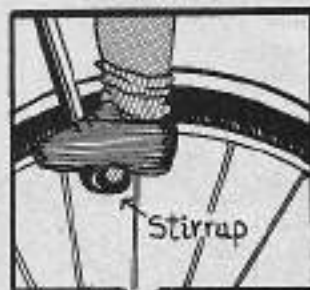
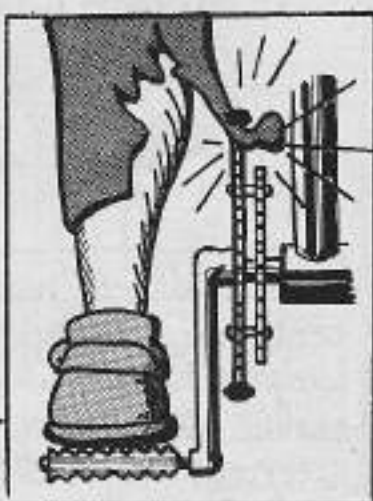
This goes for **PANT CUFFS** as well!



Pant cuffs, when caught in bike chain, can **easily** lead to an accident... and assuredly to dirty cuffs. When riding, then, roll up your cuffs, or tuck 'em into your socks, or better yet... clip 'em in with those nifty **pant clips**.



And for you **PARENTS**... or rather - more importantly - for the child, make **SURE** his feet will not be caught in the wheels. Baby seats with only **STIRRUPS** to support the baby's feet are **DANGEROUS!**



Stirrup



HARD PLASTIC SHIELD

Good, safe seats are available. Consumer Report (July, 1975) recommends:

1. AMF AC 45
2. SEARS CAT. #48523
3. TROXEL 4
4. TROXEL DELUX 6
5. MONTGOMERY WARD'S CAT. # 82657 OR CAT. # 82656.

Use a **STRONG, FIRM RACK** to support the baby seat.





Save a tree and your bike!!

Don't lock your bike to a sapling.

And **DON'T EVER** lock your bike to itself!!

Every time you lock your bike, follow these **RULES**:

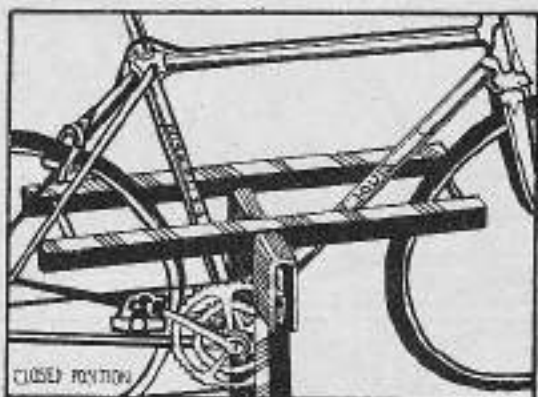
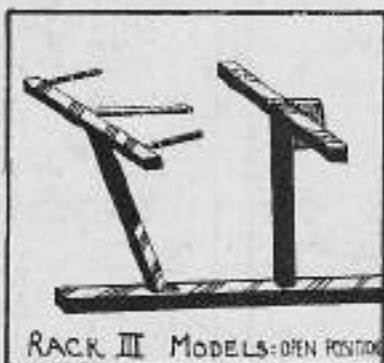
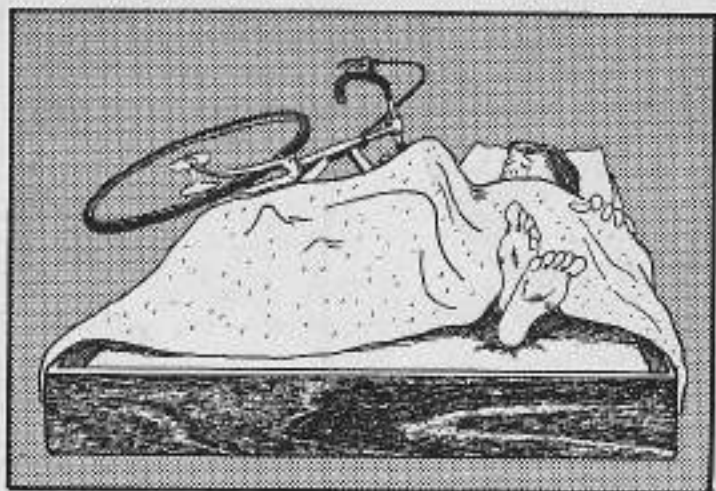
- ① Put the chain through **BOTH** wheels and the frame.
- ② Then put the chain around a **SOLID, STATIONARY** object.
- ③ Be sure to keep your lock well off the ground (which makes it harder to snap)!



WHENEVER POSSIBLE,
TAKE YOUR BIKE
WITH YOU !!

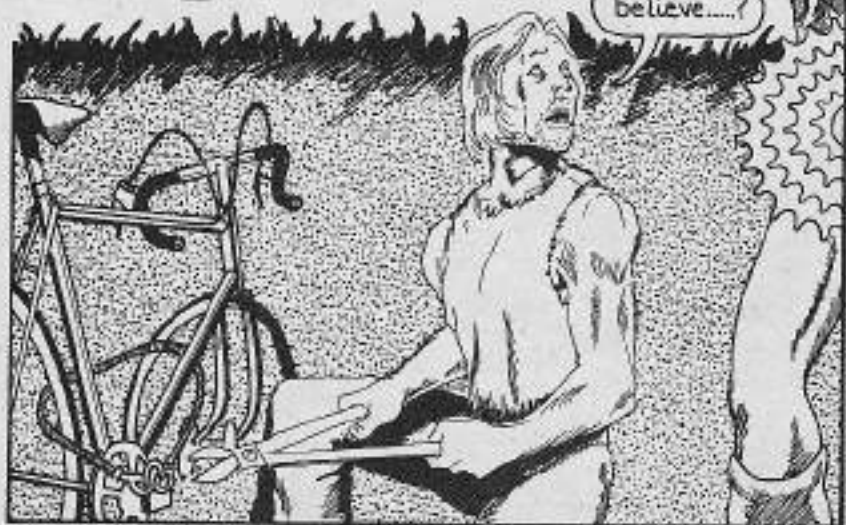
Otherwise, park
in a **HIGHLY
VISIBLE** location.

Use **LOCKERS**
and/or **FRAME
RACKS**, if available



DON'T PARK IN A HIDDEN AREA! "Hiding" your bike in a garage or behind some bushes never hides your bike from thieves. It just gives them more cover while they **STEAL** your bike!

And **DON'T
PARK NEAR
DOORS OR IN
OPEN PLAZAS**
where people
might fall
over your
bike!

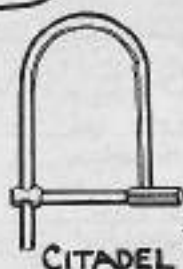


NO LOCKING
SYSTEM IS
FOOL-PROOF !!



However, the **CITADEL**
and **KRYPTONITE** bike locks
do provide **MAXIMUM SECURITY!**

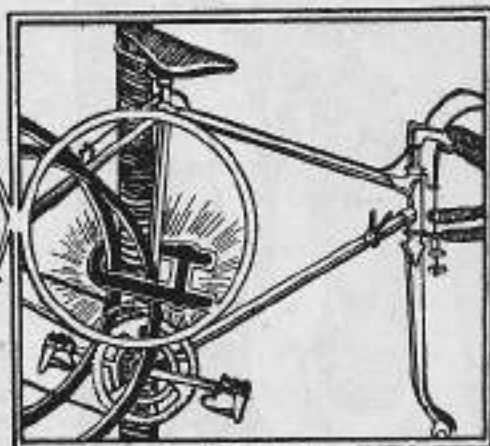
Particularly for those
with quick-release,
it is best to remove
your front wheel and
lock it as well.



CITADEL



KRYPTONITE



AT THE VERY LEAST, use a heavy
chain (5/16" alloy)
or cable and a good
padlock.
NEVER use a flimsy
combination lock and
chain !!

LICENSE your bike! If it
does get stolen, you can re-
cover it much more easily.



THANK YOU, IT'S BEEN A PLEASURE HELPING
YOU BECOME A SAFER CYCLIST. AND
NOW I'D LIKE TO THANK THE PEOPLE
WHO MADE ME POSSIBLE.....

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ACKNOWLEDGEMENTS:



But first, if you
would like to help good
people expand and improve
the world of bicycling, contact
Urban Scientific and Educational
Research, Inc., at W20-002, MIT,
Cambridge, MA. 02139, and the
Urban Bikeway Design Collaborative,
P.O. Box 2983, Stanford,
Ca. 94305; and now.....



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Eti Katoni	Doug Smith	Warren Wilson

AND NOW... A QUICKIE BIBLIOGRAPHY

Tom Cuthbertson, **ANYBODY'S BIKE BOOK**, Ten Speed Press, Berkeley, Ca., 176 pp., \$3.00
Tom Cuthbertson, **BIKE TRIPPING**, Colonial Press, MA., 172 pp., \$3.00
Fred DeLong, **DeLONG'S GUIDE TO BICYCLES AND BICYCLING**, \$12.95
John Forrester, **EFFECTIVE CYCLING: A HANDBOOK FOR SAFE, FAST BIKE TRAVEL**, available from J. Forrester, 782 Allen Court, Palo Alto, Ca., \$7.95
David J. Luebbers, **1975 BICYCLE BIBLIOGRAPHY**, available from D. Luebbers, Rt. 3, Box 312, Columbia, MO. 65201, 148 pp., \$3.50
Eugene Sloane, **NEW COMPLETE BOOK OF BICYCLING**, \$12.95
John Williams, "San Luis Obispo Study" in **BIKEWAY DESIGN ATLAS**, available from UBDC, W20-002, MIT, Cambridge, MA. 02139, 126 pp., \$5.00

...AND MAY THE
WIND ALWAYS BE
AT YOUR BACK.

BLIP in the tire... May cause PUNCTURE!

THIS BIKE IS IN SAD SHAPE!

SEAT IS too low... It should be an inch above handlebars. Inspect your bike to make sure it doesn't have the same problems.

When adjusting, be sure to leave 2" in seat and stem tubes!!

Broken spokes! Get them replaced... but fast!

Brakes need adjusting. Brake shoes worn... NEW ONES ARE CHEAP!

Grease hubs every 6 months

Tire is under-inflated. Inflate all tires to CORRECT pressure.

Chain is dry! Keep it OILED!!

Try TOE CLIPS!! Well-adjusted ones are NOT dangerous... They help in:
- CLIMBING HILLS...
- KEEPING BALL OF FOOT FROM SLIPPING OFF PEDALS...
- INCREASING EFFICIENCY AND LESSENING FATIGUE.

Louis Lubin

CHECKING YOUR BICYCLE

WHEELS

Pick up bike by saddle and spin rear wheel forward

it should spin freely without

- 1) wobbling
- 2) hitting either brake block
- 3) slowing down super fast

Pull on rear brake lever to stop wheel

brake should have plenty of power to spare, apply smoothly without jerking and hit rim squarely

Release the lever

the brake should spring out immediately

Look at brake blocks

are they

- 1) worn, cracked or crumbly?
- 2) both an equal distance from the rim?

Push wheel back and forth toward one

brake block and then the other

the wheel will give, but there should be no play

Look at the tread of the tire all around there should be neither worn-through patches nor bulges

Check inflation pressure

Pick up bike by handlebars and repeat for front wheel

FRONT END

Stand in front of bike, hold wheel tightly between knees

try to twist handlebars

they shouldn't move

try to pull handlebars up and down

they shouldn't move

try to twist brake levers

they shouldn't move

Stand beside bike, lift frame near handlebars

front wheel should fall freely to the side

Try to roll bike forward and back with

front brake locked

there should be no play where the fork enters the frame

Ends of handlebars protected?

FINISHING UP

Try to twist or tilt saddle

it shouldn't move

Wipe off reflectors; are they attached securely?

If rollers on chain are shiny or if side plates are rusty

lubricate your chain!

If when pedaling, you feel a clunk every time around

stop immediately, get help

Take your bike to a bike shop at least once a year for a tune-up and safety check.

